



# HORTICULTURE Kids



CITY OF ROCKVILLE  
Youth Mentoring

## Planting Seeds Enriches Their Lives

### *HELP US TEACH OUR KIDS HOW TO GROW!*

You've probably never heard someone argue that outdoor activities are harmful to children. **ROCK-KIDZ YOUTH MENTORING PROGRAM** sponsors **HORTICULTURE KIDS** as part of our science program. Children participate in garden-based activities that teach gardening, planet conservation, biology, chemistry, and even math. We also enjoy discussing processes such as pollination and photosynthesis. Kids experience the various growth stages of their vegetables ranging from planting to harvesting.

Our kids are thrilled to eat fresh vegetables that they helped grow!

### Perks of Gardening



Promotes Healthy Eating  
Kids love eating what they grow.



Relieves Stress  
Kids love playing in the dirt.



Builds Confidence  
Kids gain satisfaction in watching plants grow.



Promotes Respect:  
Kids learn to understand planet conservation.



**Contact: CJ Rucker**  
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# VOLUNTEER | HELP | SUPPORT

One or two hours a month can make  
HUGE difference!

SSL WELCOME

## Teaching Kids To Grow Can Be So REWARDING

Your commitment of a few hours per month can inspire a child to learn how rewarding growing vegetables can be. Kids are so fascinated by one of nature's most basic processes. Join other caring adults who enjoy playing an important role in a child's life.

### Our task include:



#### Fencing

The first task is to erect a deer fence to protect our crops.



#### Planting

We have ample space for plenty of seeds & plants.



#### Hydration- Weeding:

Once a week we activate the sprinkler system and perform light weeding.



#### Vertical Gardening

Grow more fruit using less space.



#### Harvesting

We reap the fruits of our labor.



#### Welcoming Suggestions

Share your ideas with us  
We're still learning. 😊

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